

PREGNANCY PREVENTION INTERVENTION IMPLEMENTATION REPORT

Intervention Name: *Project TALC*

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Program Description: *Project TALC (Teens and Adults Learning to Communicate)* is designed to provide coping skills to parents living with HIV and their adolescent children. For the parents, the goal is to reduce emotional distress and problem behaviors, such as substance use. For the children, the goal is to reduce emotional distress, problem behaviors, and teenage parenthood. The intervention is delivered in small, facilitated groups over a period of four to six years, on Saturdays in local community centers.

Component 1: Parent Sessions

The first eight sessions of the program are targeted only to parents. In these sessions, parents meet in small groups with program facilitators to learn how to adapt to their HIV status, maintain healthy lifestyles, and disclose their HIV status to their adolescent children.


Component 2: Sessions for Parents and Adolescents

During the second component of the intervention, both parents and their adolescent children participate in the program. The sessions address reducing emotional distress, maintaining positive family relationships, and avoiding risky behaviors such as sexual activity and teenage pregnancy. In the session focused on teenage pregnancy, parents and adolescents discuss their beliefs concerning having a baby as a teen, think of problem-solving strategies, and engage in role-play and small-group activities. Refusal skills and condom-use skills are taught.

Component 3: Sessions for Adolescents and New Caregivers

Additional sessions are available for adolescents whose parents die from the disease. These additional sessions involve participation from both the adolescents and their new guardians or caregivers and focus on dealing with loss and grief, adjusting to their new relationships, and preventing risky behaviors and teen pregnancy. Refusal skills for risky sexual activity and condom-use skills are taught.

Target Population: Available information describes the target population as youth between the ages of 11 and 18 living with a parent with HIV.

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| Curriculum Materials: | Curriculum materials are available online at http://chipts.ucla.edu/interventions/manuals/intervhra1.html  |
| Training and TA: | The original implementation of <i>Project TALC</i> was delivered by social workers and psychology graduate students who completed a five-day training program. |
| <u>Research Evidence</u> ¹ | |
| Study Citation: | Rotheram-Borus, M.J., Lee, M., Leonard, N., Lin, Y.Y., Franzke, L., Turner, E., Lightfoot, M., & Gwadz, M. (2003). Four-year behavioral outcomes of an intervention for parents living with HIV and their adolescent children. <i>AIDS</i> , 17(8), 1217-1225. |
| Population Evaluated: | Adolescent children of parents with HIV, who received services and were recruited from the New York City Division of AIDS Services <ul style="list-style-type: none"> • Mean age of 14.6 years • 35% African American, 50% Latino, 4% white, and 11% other race or ethnicity |
| Setting: | Community centers in New York City |
| Study Findings: | At the four-year follow-up (from program start): adolescents participating in the intervention were significantly less likely to report being a teenage parent. |

¹ This summary of evidence is limited to studies of the intervention meeting the inclusion criteria and evidence standards for the Pregnancy Prevention Research Evidence Review. Findings from these studies include only those showing a statistically significant positive impact on sexual risk behavior or its health consequences. Studies may present other positive findings beyond those described; however, they were not considered as evidence for effectiveness because they focused on non-priority outcomes or subgroups, did not meet baseline equivalence requirements, or were based on follow-up data with high sample attrition. For additional details on the review process and standards, see the review's Technical Documentation.